A two day mental health workshop was held at PRADET in the grounds of the Dili National Hospital, (HNGV) on 3rd and 4th of November 2016.

The workshop was organised as a partnership between Bairo Pite Clinic and PRADET. Dr Daniel Murphy made opening remarks and talked of his experience in caring for patients who were ill because of their exposure to traumatic circumstances. It was facilitated by Doctors Ian Sale and Matt Fasnacht, Psychiatrists from AMIZADE, the Tasmanian NGO which raises awareness on mental health. Dr Gaspar Quintao, Psychiatrist from the Guido Valadares National Hospital assisted by sharing case studies for the participants to discuss.

Key themes from the workshop included recognising that mental health and physical health are linked. This is very important not just for the individual patients well being, but also for the impact on family and the community. Topics included; identification of mental health issues, distinction between types of mental health and responses and strategies to respond to aggressive or out of control patients.

Among the participants were Nurses, Midwives, Community Health Workers and Doctors from Bairo Pite Clinic, Saude Mental, Centru Internamentu Laclubar and PRADET.

Manuel dos Santos, Director of PRADET, said “it is known that between 1% and 8% of people worldwide experience some impairment in their mental health. Both our teams work closely together to support our patients. This workshop was an opportunity to share knowledge and information and to strengthen our bond with local and International Psychiatrists so that we might enhance our care and response for these most vulnerable patients.' It was also a good example of how well government and non-government services can work together.”

Staff from both PRADET and Bairo Pite Clinic participated with enthusiasm and look forward to holding these participatory workshop sessions on a regular basis.